



Child Health and Disability Prevention Program

2650 Breslauer Way, Redding, CA 96001

530-225-5122 or 800-300-5122

Celebrate Winter

Family Fun Activities Winter 2018



FREE Community & Cultural Events

Kids Diestelhorst Dash 2018

November 22, 7:45 a.m.
Free annual event for children up to 0-8 years of age.
To sign up, call (530) 244-5462

Anderson Christmas Lights

November 25, 4:30-7:30 p.m.
Lighted parade at 5:30 p.m.
Activities for kids, visit with Santa after parade. Cookie decorating contest. Lots of Fun! Call (530) 378-6656

Tree Lighting/Winterfest

November 30, 5-7 p.m. in the Atrium, 1510 Market St. Activities begin at 5 p.m. Free Admission, hot cocoa, candy canes, and more. www.vivadowntownredding.org

Redding's Lighted Christmas Parade

December 1, starts at 6 p.m. along California St. to Sacramento St. then from Sacramento St. to Pine St. Call (530) 255-4911

The Parent Leadership Advisory Group

Dec 1, will be hosting a float at the Redding Lighted Christmas Parade. Come and walk with us! Call (530) 242-2020

Fall River Valley Chamber

Christmas Light Parade in McArthur Dec 1. Enjoy hot chocolate, cookies and a giant bonfire. Call (530) 336-5840



WINTER HEALTH CORNER

- CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine.
- Wash hands often and avoid touching your eyes and nose. Teach children to cough into their elbow.
- Flu is more likely to cause severe illness in pregnant women than in healthy women who are not pregnant. CDC recommends that pregnant women get a flu shot during any trimester of their pregnancy to protect themselves, their unborn babies, and their newborn babies from the flu.
- Give your baby protection against whooping cough before your baby is born; get the TDap vaccine your third trimester with each pregnancy.

Fluoride Varnish

- * Is a protective coating brushed on the teeth to prevent tooth decay.
- * Is safe, quick, and doesn't hurt
- * Helps even if using fluoride drops, tablets, rinses, toothpaste, or drinking fluoridated water.
- * Can be applied at well-child visits, other doctor appointments, and the dental office.
- * Works best when applied 2 to 5 times a year.
- * Can be applied as soon as the first tooth comes in.
- * May appear yellow on the teeth brushing the next morning will return teeth to their normal color
- * Is also effective for children with special health care needs.

Recreation & Trails

Kids Kingdom

Home of Kid's Kingdom and Fantasy Fountain has a large, shaded children's play area; picnic pavilion. Bring the whole family for a day of fun, or just bring the dog for a quiet stroll.



Ranger-led Snowshoe Walk

January 2 - April 3
Saturdays and Sundays, 1:30 p.m.
Meet outside visitor center at Lassen Park, \$1/person.
Call (530) 595-4480.

Play in the Park

Take advantage of sunny days and visit a park or trail.

Clover Creek Preserve

Shasta View Drive
Paved and dirt walking and biking; dogs allowed.

Visit HealthyShasta.org for more information on trails, and playgrounds.

Sled at Eskimo Hill on Hwy 44



Health and Human Services Agency

Reading & Events at the Library

Story times at **Redding** library:

Babies Books and Play: Mondays at 10:30 a.m.

Read and Sing: Tuesdays at 10:30 a.m.

Read & Play: Wednesday at 3:30 p.m.

Read & Create: Thursday at 3:30 p.m.

Read & Discover: Friday at 10:30 a.m.

Anderson: Thursdays at 3:30 p.m.

Burney: Wednesdays at 11 a.m.

Redding (530) 245-7250

Anderson (530) 365-7685

Burney (530) 335-4317



Winter Wonderland

December 15,
10 a.m.-12 p.m.



Get in the holiday spirit
with crafts, story time,



Farmers' Markets

Redding (EBT)

Saturdays, Apr 4 - Dec 19
7:30 a.m. to noon

Civic Center west parking

In-Season Fruits and Vegetables

- ◆ Winter squash
- ◆ Sweet potatoes
- ◆ Pears
- ◆ Carrots
- ◆ Oranges
- ◆ Turnips
- ◆ Brussels sprouts
- ◆ Grapefruit



Groups: All Free



Girls' Circle

Ages: 13-18

Days: Mondays

Dates: Aug 27-Dec 17

(*No class Sept 3 & 24,
Oct 22, Nov 12 & 19)

Time: 5:30-7:30p.m.

Location: MLK

Call 225-4375



King's Brotherhood

Ages: 13-18

Days: Mondays

Dates: Aug 27-Dec 17

(*No class Sept 3 & 24,
Oct 22, Nov 12 & 19)

Time: 5:30-7:30p.m.

Location: MLK

Call 225-4375

Ingredients:

1 pound lean ground turkey or ham-
burger

1 small onion, chopped

1 can (28 oz.) diced tomatoes, undrained

1 can (15 oz.) chickpeas, or any beans, rinsed & drained

1 can (15 oz.) kidney beans, rinsed and drained

1 can (15 oz.) black beans, rinsed and drained

1 can (8 oz.) tomato sauce

1 can (4 oz.) diced mild green chilies

1 to 2 tablespoons chili powder

Salt to taste

Three Bean Turkey Chili



Directions:

Cook and stir meat and onion in medium nonstick skillet over medium-high heat until meat is no longer pink. Drain and discard fat. Transfer to a 4 1/2 quart slow cooker. Add remaining ingredients; mix well. Cover; cook on high 3 1/2 to 4 1/2 hours. Can also be cooked on stovetop in a large pot on low to medium heat for about an hour. Makes 6 servings, approximately 1 1/2 cup.

Nutritional information: Calories 377; sodium 877 mg; Fiber 16g; protein 29g

Where Can Lead Be Found?

- ◆ Traditional Pottery
- ◆ Houses built before 1978
- ◆ Imported jewelry, toys, spices and candy
- ◆ Imported natural remedies and make-up
- ◆ Hobbies and work — lead fishing items, bullets, batteries, radiator repair, painting and remodeling

For more information about
Lead Poisoning Prevention
Call (530) 225-5122

FREE

Child Health Exam

Uninsured or lack
of preventive insurance?

Call CHDP at

530-225-5122 or

800-300-5122